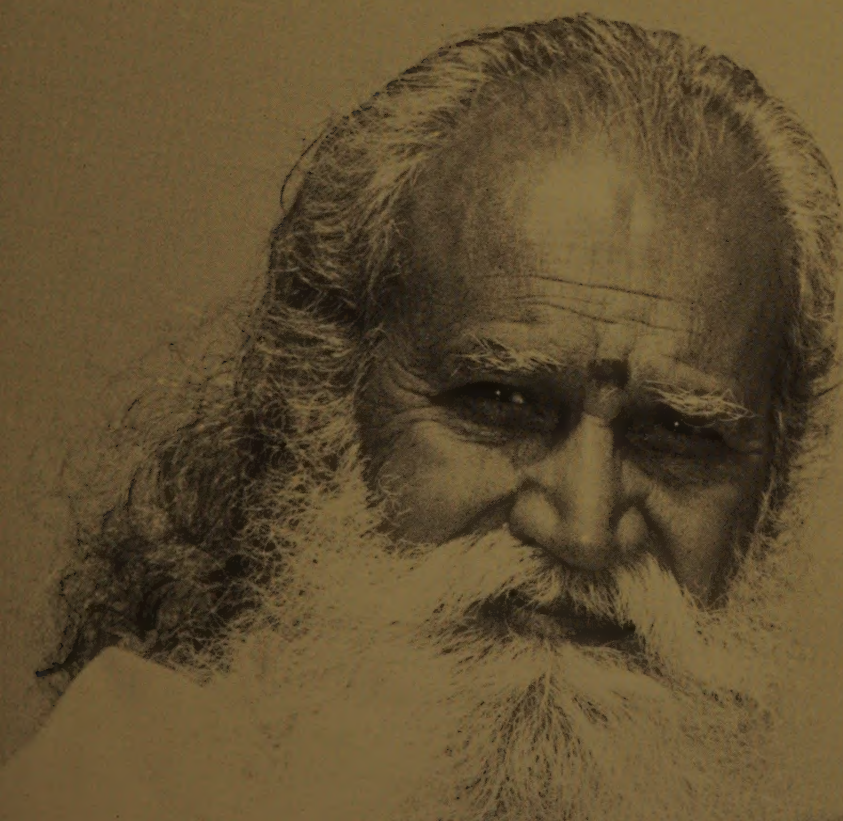


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THE TEACHINGS OF SRI SWAMI SATCHIDANANDA

Spring 1990

\$3.00

UPCOMING EVENTS WITH SRI GURUDEV

MAY

16	New York, NY	Public Talk
18-20	Montreal, QUEBEC	Spiritual Science Fellowship

JUNE

23	Yogaville, VA	Integral Yoga 10-Day Retreat
26-27	Virginia Beach, VA	A.R.E. Conference

JULY

7-9	Yogaville, VA	Guru Poornima celebration
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OCTOBER

14-17	Yogaville, VA	Program with Sri Swami Chidanandaji
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Please note: Sri Gurudev's very busy schedule is subject to changes and additions. Please contact the Integral Yoga Institute nearest you or Satchidananda Ashram-Yogaville for updated information.

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LETTERS TO

INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga—including Hatha, Raja, Karma, Bhakti and Jnana Yogas—as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living, are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga centers.

The LOTUS (Light Of Truth Universal Shrine)—a shrine dedicated to the Light of all faiths and to world peace—is open to the public and is located in Yoga-ville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

My visit with my daughter at the Ashram was one of the most memorable of my life, and one I shall never forget.

-G.W.

Allamuchy, NJ

I wish you a beautiful, healthy, and happy Jayanthi! I wish for us, your disciples, that you will be here to guide and protect us many more years.

Thank you for recently sending Rev. Jaganath Carrera to speak to us. As I listened to him I could feel you shining through him. That is the closest I have felt to you since I was last in your presence.

Carole King was also recently in Columbus, and as I listened to her sing "You've Got a Friend" I felt the same feelings of gratitude and love for you.

SRI GURUDEV

I think I'm beginning to understand what you mean when you say that the teachings are you. Your influence is felt far and wide through your teachings and disciples. You are doing much to bring light and love to a sad and lost world.

Thank you for being... a steady brilliant beacon of truth and love.

-M.N.

Columbus, OH

I want to thank you so much for coming to San Francisco. I was so deeply touched. I have recently read *Beyond Words* again for the first time in many years. I was astonished to find how pervasively (even if on subtle levels) your teachings have guided my life. So many of my values have come from you. Thank you again.

-G.W.

San Anselmo, CA



Integral Yoga® Magazine

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SRI SWAMI SATCHIDANANDA (called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, Paths are Many." His main residence is in Buckingham, Virginia. In response to invitations from all around the globe, Sri Gurudev travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books and visits to centers around the globe in the fields of education, religion, health and Yoga.



MESSAGE FOR A NEW DECADE

by Sri Swami Satchidananda

from the *New Year's Eve Satsang*,
31 December 1989

There was a time when there was no time—no calendar, no month, no dates, no watches, no clocks. All they knew was day and night, that's all. They didn't even know how to *count* the days. Probably many milleniums went like that, without any demarcation of the time. Then somebody must have thought, "We should have some way to look back at what we have done and forward to what we should be doing." Probably at that point they started counting the days and putting some milestones. Time is nothing but a milestone.

What is the purpose of all these times? Months, years, past decade, coming decade—it's just to evaluate our own lives. It's a way to check, "How did I spend my life so far?" It's to mark our growth, like you measure the growth of your walking. How far have you walked, how many miles, how fast? Likewise, in our life's journey, we also measure the journey. "How did I do within this time? Have I become a little better person, or worse?"

So, it simply is for our growth that we measure time. The other animals don't worry about the decades, even now. If you ask a dog or a cat or a tiger, "What year is this?" Will they say, "Oh, 1989"? No. To them it means nothing. Why? Because they don't have to evaluate their lives. They don't worry about it. One animal is born as a cat. "I'm happy as a cat. That's fine. Until I die I'll just be a cat. I don't even question, 'Why am I a cat? Why can't I become a rat?'" No questions. Only the human beings begin to

question that: "Who am I? From where did I come? Where am I to go? Am I going in the wrong direction or the right direction? Am I *going* or not? Am I comfortable or not?"

Aim High

It's nice to have time so we know how and where we are progressing. Today is the time to look back and take a balance sheet, an evaluation of all you have done so far—one year back or ten years. A new decade is coming, so ask yourself, "Ten years ago, how was I?" How far we have come since 1980. That's why they say, "Hey, you have come a long way, baby." We *have* come a long way. But still there is a long way to go.

Let us take this opportunity to evaluate our past and to make new resolves for the future so that we can go forward trying to fulfill those resolves. Let all those resolves be goals that are going to make you and others better people. Think of everybody else also. "In what way can I function to bring peace and joy and harmony to everybody?" We have to think in those terms and make our resolves.

We may not achieve all the things we aim for. It doesn't matter. Aim high. Don't say, "Oh, I don't know whether I can accomplish all those things." Don't put yourself down like that. Have confidence. Aim big. Even if you can't get it all, if your aim is that big you will get at least half of it.

The sage Thiruvalluvar said, "A hunter who aims an arrow and kills a rabbit is not a great archer." His arrow went straight, pierced the rabbit and killed it, but he is not a great hunter compared to the other archer

who aimed his arrow at an elephant and missed. This is what the scripture the *Thi-rukkural* tells us: Better to even miss your target, aiming at an elephant than going and hitting a rabbit.

Let our aims be high: "I want to be a super yogi! I want to maintain my health in topmost condition. I want to keep my mind free from all the rubbish. I will always think of others and their benefits. I'll put my little self last. I will not hurt anybody consciously or even unconsciously. I will never project my ego. I will always be as humble as I can be. I will not lose even a single opportunity to go out of the way to serve somebody, to comfort somebody." Such resolutions should make your life better.

A Kind Heart

I take this opportunity to tell all those who call themselves yogis: You should not just think that Yoga means only meditation, asana, pranayama, or knowing all the chants. Even if you do not know any of those things, it doesn't mater. Be loving, be compassionate, be sympathetic. Serve the sufferers. Weep for the suffering.

Sometimes even in an ashram we see that people don't always project that kind of sympathy for others. When somebody is hurt there should be more people going there to see how they are—"Oh, did you get hurt? How are you? What can I do for you?" That is yoga—real love and sympathy and being ready to serve with compassion. When somebody is hurt in some way or other, we should pour our love and do everything possible to help. This is not only for your close friends, but to everybody, whomever you see.

That's yoga—a kind heart.

There was an Indian king, Pari by name, the great philanthropist. One day he was riding in his chariot. He saw a creeper growing across the road. He stopped and said, "Oh, what happened? You didn't have a tree to go up and wind around?" (Because normally the creepers look for a tree to go up.)

"Oh, don't you have anything? Is that why you are crawling on the road? That's not good for you. Come on, I will give you something to go around and climb up." He brought his chariot close to the creeper, left the chariot next to the creeper, and walked back home.

Look how sympathetic someone could be to an ordinary, small plant, a creeper on the road.

We should develop that kind of gentleness, compassion to all the beings. It has been just a mistaken understanding that yoga means only, "I have to stand on my head or I have to do some meditation." I don't mind whether you stand on your head or on your feet, meditate or not. Just show this kind of sympathy, concern, love and be always ready, ever ready to serve.

Master Sivanandaji used to always say that, "Real religion, real yoga is to serve, love give. By serving, loving and giving you purify your heart." So, we should make similar resolves. We may not be able to achieve everything, but let the resolves be big. Let there be a real effort.

And, certainly, good resolves are always helped by unseen hands. You are not alone in your life. When you make some good resolutions, God sends His invisible hand to help you through many people. You won't be alone. So, let us plan our lives like that for the coming 1990s. ■



MEDITATION DEVELOPS THE PEARL

by Sri Swami Vivekananda

There is a pretty Indian fable to the effect that if it rains when the star Svati is in the ascendant, and a drop of rain falls into an oyster, that drop becomes a pearl. The oysters know this, so they come to the surface when that star shines, and wait to catch the precious raindrop. When a drop falls into them, quickly the oysters close their shells and dive down to the bottom of the sea, there to patiently develop the drop into the pearl.

We should be like that. First hear, then understand, and then, leaving all distractions, shut your minds to outside influences, and devote yourselves to developing the truth within you.

The Greatest Help

The greatest help to spiritual life is meditation. In meditation we divest ourselves of all material conditions and feel our divine nature. We do not depend upon any external help in meditation. The touch of the soul can paint the brightest color even in the dingiest places; it can cast a fragrance over the vilest thing; it can make the wicked divine—and all enmity, all selfishness is effaced.

The less the thought of the body, the better. For it is the body that drags us down. It is attachment, identification, that makes us miserable.



That is the secret: To think, "I am the spirit and not the body. The whole of this universe with all its relations, with all its good and all its evil, is but a series of paintings—scenes on a canvas—of which I am the witness."

The Most Beautiful Rest

Meditation means the mind is turned back upon itself. The mind stops all the thought

waves and the world stops. Your consciousness expands. Every time you meditate you will keep your growth. Work a little harder, more and more, and meditation comes. You do not feel the body or anything else. When you come out of it, you have had the most beautiful rest you ever had in your life.

That is the only way you ever give rest to your system. Not even the deepest sleep will give you such a rest as that. The mind goes on jumping even in deepest sleep. Just those few minutes in meditation your brain has almost stopped. Just a little vitality is kept up. You forget the body. You feel such pleasure in it. You become light. This is the perfect rest we will get in meditation.

Power of Meditation

The power of meditation gets us everything. If you want to get power over nature, you can have it through meditation. It is through the power of meditation all scien-

tific facts are discovered today. They study the subject and forget everything, their own identity and everything; and then the great fact comes like a flash.

Some people think that is inspiration. There is no inspiration. Whatever passes for inspiration is the result that comes from causes already in the mind. One day, flash comes the result! Their past work was the cause.

Therein also you see the power of meditation—intensity of thought. These people churn up their own souls. Great truths come to the surface and become manifest. Therefore the practice of meditation is the great scientific method of knowledge.

To Reach the Goal

Practice hard. Whether you live or die does not matter. You have to plunge in and work without thinking of the result. If you are brave enough, in six months you will be a perfect Yogi. But those who take up just a bit of it and a little of everything else make no progress. It is of no use simply to take a course of lessons.

To succeed, you must have tremendous perseverance, tremendous will. "I will drink the ocean," says the persevering soul, "at my will mountains will crumble." Have that sort of energy, that sort of will, work hard, and you will reach the goal. ■

PRAYER TO THE DIVINE MOTHER

by Sri Swami Jyotirmayananda

O Devi of infinite Grace
O Mother of infinite Sweetness!
May you enfold this world
In Your thousand arms!

Let the mountains of obstacles
Turn into small pebbles
Let the oceans of delusion
Turn into tiny pit-falls of water;
Let dark clouds of adversity
Turn into the dazzling radiance
Of Your Divine Glory!

By Your Grace O Mother!
Impossible becomes possible
The blind obtain the light of vision
The dumb become eloquent
The lame climb high mountains

And the soul breaking down
The prison walls of the world-process
Soars into the transcendent sky
Of Boundless Bliss and Freedom!!

O Goddess of infinite Love and Light
May You shower Your nectarine grace
Sweeping away the evils of the world
Dispelling the demons of darkness;
And may the breeze of peace and harmony
Blow gently in every heart, in every being,
In every nation, in every country,
Wafting the fragrance of Eternity!

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International Yoga Guide

THE HUMAN RACE

by Joan Metzner, M.M.

At the center of my troubles is the fact that I am part of the human race, part of the competition to go faster and faster, to produce more and more, to become thinner and thinner, smarter and smarter, richer and richer.

I went to the Wethersfield Post Office around Christmas time and was surprised to find no waiting line. Walter, a clerk, told me that just a few minutes earlier, there was a long line of seniors, extending out into the lobby, all tapping their toes in impatience. "I wonder where they were all rushing to?" Walter asked me.

Where am I racing? Where are we racing? We are in a race to the moon. We are running for governor. We are patrons of horse racing, members of the white, yellow and black race. We are stacking up defenses each day to add to the arms race. We race against time, against the clock.

This morning I read in the paper about the death of a child, who, minutes before passing away, sat up in bed and said he saw a wonderful Light and angels coming to be with him. My reaction? Super joy—no! "I'll never have an experience like that. It will be a long time before I get to heaven" Actually it doesn't matter if I blossom in the Spring, the Summer or the Fall. Time is not what I think it is. And if I ponder it long enough, there is no race. We are making it all up.

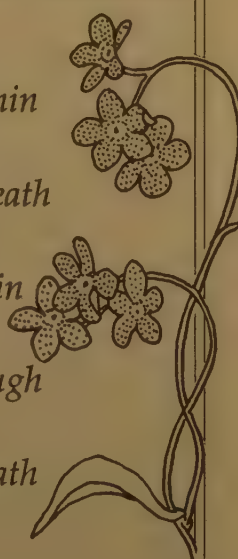
But has there ever lived a writer who would not envy Robert Fulghum's success with his #1 best seller [*Everything I Need to Know I Learned in Kindergarten*] and yearn for his fame. It takes great courage not to take the race seriously. In my heart I want to live in pace with, not in a race with, the rhythms of my nature.

I attend my first Japanese school picnic

in 1960 in Los Angeles. In the kindergarten "race" every child won a prize, even if he or she did not cross the finish line.

The race syndrome sometimes dominates the spiritual world, too. Even the earliest followers of Jesus fought over who would have the highest place in heaven.

When I become too involved in the race, restlessness takes over. "Winning and losing" become all important. However the guiding words of Jesus are not far away. Trophy or no trophies, the Fact remains, "I am as God created me." And nothing can change the Mind of God. ■



*God within
all life
every breath
a prayer
every pain
a grace
every laugh
a hymn
every death
a door*

-Jim Boyd

BECOMING STRONG, PEACEFUL, JOYFUL, USEFUL

by Sri Swami Satchidananda



While we are here in these bodies we should know that they are vehicles of divine expression, as are all forms of Creation. We have to take care of the body because without a healthy one, nothing is possible in this world, either spiritual or material. To become a good instrument of the Divine, maintain your health, have an easeful body, a peaceful mind, and a useful life.

We can live without food for some time. We can live without water for some time, but we cannot live without breath. We breathe about fifteen times a minute. If the air leaves without returning, we die. Every time it leaves, we are about to die.

Do we consciously draw it back when it leaves? No. We are not even conscious of breathing. There is an unseen force that takes care of us and causes the air to return. You may say, "Swamiji doesn't seem to know much about anatomy. There are sets of muscles, voluntary and involuntary, and when the chest cavity expands a vacuum is created. The breath returns to fill up that vacuum."

To such people I say, "Who makes the chest cavity expand? Do you? Can you keep it from expanding, or can you keep it from contracting after expansion?" No. You have a say over it for a maximum of a few minutes, and afterward, the involuntary muscles take over. That's why you call them "involuntary." The moment you use the word *involuntary* you accept that is not in your hands. Something or somebody is doing it.

Who is that somebody? I say it is the One who sent you here, the One who extracts some work from you, the One who takes care of His/Her plans through us all.

Somehow, a baby knows it is coming into this crazy world and that's why it arrives crying, "God, why are You sending me into this asylum? What have I done to You?" As the baby comes out crying, we laugh and celebrate. And toward the end, it's the other way around. When someone gets liberated and walks out happily, we cry.

You are Ageless

What is it that is young or old? It is the

body. You were never born and you are never going to die. You are ageless; only the body has ages. The soul knows itself to be unlimited and immortal. It is that immortality which we should realize.

The worst fear is the fear of death of the body. When your old clothes wear out, you throw them away and put on new ones. We all have old-model bodies. We will get new ones, don't worry. After all, how long are you going to live in this body? Maybe another fifty or sixty or seventy years.

All our burial grounds are nothing but junk yards. There's no need to be afraid of death. Laugh at it. The person who is afraid of death dies every day, but a hero dies only once. Let death come once to us. Be bold and proud.

Death means change of form, that's all. It is inevitable, and it is happening every minute. You are not the same person you were a minute ago. A part of you is already dead and a part is being born.

When the tree dies, you get planks. When the planks die, you get a chair. When the chair dies, you get firewood. When the firewood dies, you get ash.

Nothing can really be destroyed; we just change names and forms. There is no death at all. What is, is always. What is not, is not, and will never be. What you call the world is nothing but ever-changing names and forms.

We say this is cloth, but is it really cloth? What you see is cotton twisted into threads and woven and arranged in the particular way you call cloth. If I disperse the arrangement and heap the threads into one pile, the cloth vanishes.

I didn't destroy anything. I disturbed the arrangement of the threads, that's all. So if you say you see cloth, it is a falsehood. That is how we live a false life in this world. We never speak truth in its real sense. Everybody is a liar here, including me. And even when I say everybody is a liar, that itself is a lie!

Taking Care

Nothing is ugly in its natural state. A rose is beautiful; a dog is beautiful; a pig is beautiful; everything is beautiful in its own way. In trying to *make* things beautiful, we cover their own natural beauty. Babies' faces have cosmic beauty which slowly becomes hidden by ugly thoughts and habits. Then we try to make the face beautiful again artificially and call that cosmetic beauty.

To beautify themselves, some women do all kinds of unnatural, artificial things, which can make them sick. In the name of beauty, they apply all kinds of powders and creams. Their pores are totally blocked. There's not perspiration and all the secretions that should come out go back into the bloodstream. A cotton dress will absorb perspiration but nylon and synthetic materials can't. There is no ventilation so when you perspire it doesn't get absorbed by the air outside and it goes back into the system.

Many people don't think it's fashionable to sneeze or cough. Don't let "civilized" habits stop the body's natural elimination. You cause great damage to the body and affect hundreds of nerves by controlling your sneezing and coughing. When you sneeze, God will bless you.

Take care of your intake, physical and mental. Be careful what goes in. Every country has its immigration office. Before somebody walks in, they ask, "Who are you? Friend or foe? What are your credentials? Show us your passport. If you are a good person, be our guest. If not, get out."

Your body is your country and there are many ports of entry. You should put immigration officers everywhere. Much of what we call civilization is artificial and unhealthy. We must return to natural living. That natural living is Yoga.

You were Born with Peace

Many people, when they get worried, pour a drink, take something to get high, or go to the refrigerator. What are they actually

doing? They don't remove the cause of the worry or the problem, they only push it under the rug. Have you ever seen an animal smoking or drinking? No. We become worse than the other animals when we do these things.

A drink of whiskey or a drug won't help you find the cause of your disturbance and eliminate it. You were not born restless. You were born with peace and, by your own wrong actions, have disturbed it. When you say somebody is diseased, you mean that person has lost his or her natural ease. He had ease, he "dis-turbed" it, so now he has "dis-ease."

If a frightening thing is coming toward you and you don't know how to avoid it, you can simply close your eyes. The danger seems to go away, but you have not really removed it. We do this in many, many ways. Instead of ignoring it, when there is a headache or stomachache, try to find the cause. Why should the head ache all of a sudden? What went wrong? Analyze that way. Many people never think of doing that; they immediately take an aspirin.

People do this much too often in daily life—swallow something to temporarily forget the worry. But once the intoxication is over, they wake up with the same problem, only worse, because the force they applied to cover it up has weakened their system.

How can a drug keep the mind clean and calm when it only adds more dirt? Temporarily, it makes you forget the disturbed feeling. It's something like an induced sleep. A sleeping pill will make you feel that you are sleeping but it's not real sleep. A tranquilizer will make you feel that you are tranquilized but it's not true tranquility. It's only a temporary feeling.

Pain is caused by some trouble. When you take a painkiller, an injection, or a pill,

you don't feel the trouble. Does it mean that you have cured the trouble? Not at all. It's something like cutting the wires of a fire alarm. It will stop the alarm immediately, but it won't put out the fire. Pain is your fire



alarm. When the body is on fire somewhere, the pain says, "There's trouble." Find the cause of the trouble instead of finding ways to cover it up.

Have a Happy Mind

The body and the mind are interconnected and interdependent. The body expresses the thoughts of the mind. Constantly thinking crooked thoughts will create a crooked body. If you have a happy mind, your face and body will reflect that happiness. Everybody will know something beautiful is happening within you.

Suppose I take a small packet, open it, and say, "It's some very delicious candy." Without my even showing you the candy, you may salivate. The mind hears the sound "candy" and the body reacts. Suppose somebody shouts at you, "Hey, you stupid fool!" You will get angry. When you are angry, the blood boils and the face becomes red. You

only hear a sound but your mind gets angry and makes your body react.

Here's a different example. You are a singer ready to give a performance, and all of a sudden you feel a pain in your stomach. Can you sing with joy? No. Just as mental pain affects the body, bodily pain affects the mind.

Suppose a man who is always happy and joyful falls sick. He has a high fever and lies in bed. One day he feels very thirsty and asks his son to get him a drink of water. The child is delayed and returns half an hour later with the water.

Normally, he would smile at the child and forgive him. But because he is weak and ill, he gets irritated and starts shouting at the boy. A sick person gets irritated quickly because the body is weak.

Develop a Better Desire

When the mind and body are weak, you don't have the capacity to avoid bad habits. Cravings and desires will bother you. Never suppress any desire. Instead, develop a better desire. Then you won't have time to respond to the original one.

Don't force yourself to get rid of a bad habit. Forcing yourself is something like beating the darkness with sticks. You can walk into a totally dark room with some friends and begin beating the darkness with sticks shouting at it to leave. Hundreds of people can beat the darkness for hours, and it will still remain.

The sensible person will just light a candle and bring it into the room. Yoga is that candle. Bring it into your life, and all your unwanted habits will leave. You need not bother yourself about them. When the mind and body are strong, the undesirable habits will just drop away.

Build Strength

This is the reason for practicing the physical postures that we call the Yoga *asanas*. Putting your body in the different positions builds up strength within the sys-

tem. You tone the muscles, organs, endocrine glands, spine, and all the nerve centers. The *asanas* do not cause strain like many other exercises. They are done very gently, with grace and ease.

Another important practice is breath control or *pranayama*. By proper breathing, you learn to use the entire capacity of the lungs and you charge the system with extra oxygen and vitality.

As you start doing these practices, you gradually strengthen the physical system. And because you do them in a gentle way, you help calm your agitated mind. Whenever you are tense, worried, or bothered, just take a few slow, deep breaths through the nose with full attention and you can easily calm the mind. If you regulate the breath, you have regulated the mind. In the same way, if you regulate the mind, you can regulate the breath.

Take Time

If you believe in something, practice it in your own life. We don't want preachers, we want people to practice. Let it take time. Nothing is achieved overnight.

Many people today want everything quickly. There is a sense of haste, of urgency. We live in an age of speed. But what is gained in speed is lost in power, and what is gained in power is lost in speed. If you gain speed by shifting into the highest gear, you can't climb a steep hill. If you want to carry a load and climb uphill, shift into low gear.

People want to get instant bliss, so they take drugs. They get high, but they lose all their power. They don't even have the power to come back and stay where they were. Many people who were in a terrible hurry and took hundreds of trips are tripping today. They trip with every step they take.

If you really want something genuine and pure, you need not go out and search for it. It's already given to you. Your peace, happiness, health, spirituality—anything you want, all these things are in you.



There is a natural way to unfold your consciousness and expand your mind. Imagine a person wanting to go from the ground floor to the top floor. If somebody puts her into a rocket and launches her, she won't land comfortably because she is not moving within her own capacity.

The same thing happens when people try to expand their consciousness with chemicals and drugs. The conscious mind is suddenly suppressed, and the subconscious mind unleashed. It shakes the nerves, glands, everything.

Mind expansion should be practiced consciously, through concentration, meditation, controlling the senses, and working on the physical body with Hatha Yoga and breathing exercises. Then you will see gradual, safe progress.

Everybody wants to develop their extrasensory perception. To them I say, even with limited-sensory perception you are in a lot of trouble. Many things are purposely hidden. When you are a child, you are given

only a small allowance. As you grow up, it is gradually increased.

In the same way, the divine Mother Nature within waits for your maturity. She is ready to put everything in your hands. But if you demand it prematurely, you are asking for trouble.

Instead of trying to handle God's power, let God handle you when you are ready. That should be your approach to Yoga. Refine yourself, and when you are ready, the *kundalini* force will reveal itself and bring all powers.

So, Yoga means everything: asanas, pranayama, sense control, concentration, meditation, purity of mind, a dedicated life, a compassionate heart, a strong will, and forgetting one's own selfishness. All these things should be expressed in our lives. Then we will become strong, peaceful, joyful, and useful. ■

from *Beyond Words*

HAVE A LITTLE FAITH

by Daya Marcus Verity

[This is a true story. Although in this age of flight travel it might not seem plausible. -D.M.]

The peaceful atmosphere of Yogaville and the loving care of Gurudev and friends helped me to quickly recover from an illness. After two weeks of recuperating I told Gurudev that I was thinking of visiting a friend in Montreal but I was worried that I was too fragile to make the trip. He said, "Just go. You'll be fine. Everything will be okay. Make a decision and do it. Think positively." And so I did. The journey and visit were a success. The trip back to Virginia was truly memorable.

Upon returning home, my departure flight was delayed five hours due to inclement weather conditions along the East Coast. I sat waiting in the airport gate lounge while many adults and children alike expressed their irritability and frustrations. It was growing obvious that I might not make my connecting flight out of Pittsburgh to Richmond that night. I gave up anticipating departure news, preferring to concentrate on the new book I was enjoying. I was pleased with my renewed physical strength and amazed at how content and unconcerned I felt about the situation. Whenever I became anxious about the departure, I thought of Gurudev telling me all would be fine and I relaxed.

Finally, the flight took off. But it touched down in Pittsburgh too late, it seemed, to catch the flight to Richmond. As the plane came to a halt I had a sudden urge to hurry down the plane steps. I ran across the tarmac to the ground attendants, who were waiting inside the doorway to assist

passengers. I was told that most flights had been delayed due to the weather; but my connection had already taken off. I remember that I wasn't disappointed. I surrendered to the situation. I still felt everything would work out. At that moment a tarmac bus driver, who was waiting to take the debarking passengers to the main terminal, looked at me as though mesmerized and said, "Let's go!"

Without waiting for the other passengers, we ran out to his bus and drove quickly across the tarmac to another gate from where my connection had departed without me. He commanded, "Wait here," and ran inside the gate and quickly back out again with the news that my plane was on the runway. As he put the bus in gear, he called back to me over his shoulder. "We're going for it," and sped toward the moving plane, which was slowly picking up speed. He pulled up, neck and neck with the nose.

Suddenly, the plane came to a stop. The door opened, and the flight attendant let down a portable ladder. Up and in I went to the astonishment of the passengers. Off we flew to Richmond, with me contentedly sitting in my reserved seat, engrossed in my book.

The flight was on time, and my friend picked me up as scheduled. The icing on the cake was finding that my luggage arrived on the flight with me! Maybe the whole event was nothing more than business as usual. Yet, I've always felt that Gurudev was winking at me. ■

FLYING IN THE SPIRIT OF YOGA

by Swami Bhaskarananda



Sri Gurudev with Swami Bhaskarananda and "The Spirit of Yoga."

[With this article we begin a new feature in Integral Yoga magazine. In each issue, we would like to share with our readers the insights and inspiration that Yoga brings to everyday "duties." We invite you to send in your story of Yoga in action in your work or home or other situation. -IYM]

Sri Gurudev has given perfect information for the spiritual pilot. His teachings offer detailed guidelines for preflight planning; they give the perfect map for spiritual flight plans; they tell of good associations to watch for and obstacles to avoid; they tell us how to keep on course and how to get back on if we make an error. His teachings give us the beacon signals along the way and the landing lights at the destination. What more could anyone ask for?

The love for and joy I feel in flying, and the efforts to continue refining skills as a

pilot have combined to give me more insight into the spiritual path and the wonderful guidance Gurudev continues to give us. As I am grateful to my spiritual teacher, I am also grateful for the opportunity to learn more through the vehicle of flight.

At first, though, I wasn't really drawn to flying. It was almost ten years ago. I was living at the Santa Barbara Ashram, and was very busy with projects there. But when I mentioned to Sri Gurudev that my cousin, Steve Madorsky (a licensed flight instructor), had offered to teach me to be a pilot, he was totally in favor of it. At the time, I couldn't understand why because there were other pilots in our sangha. Yet, Gurudev encouraged me to do it. So I took my vacation that year as a time to totally immerse myself in learning to fly. Soon, even all my dreams were about the details of flying. I began to really love the experience of flying

in a small plane. Steve was a great instructor, and within three and a half weeks I had my pilot's license.

Not long after that, I was transferred to the Virginia Ashram. At the time, Brahman Levy, a pilot and flight instructor, would use his plane "The Spirit of Yoga" to fly Gurudev from time to time. Later, as Brahman's schedule became more and more taken up by medical school (He's now an M.D. in Philadelphia.), I started doing more of the flying in the "Spirit of Yoga."

As there started to be requests for flights straight into Yogaville, I took more advanced flight training, and Lotus Airways, Inc.—an independently licensed charter service came into existence. We already had Lotus International, our FAA-approved airstrip here by the James River; and the charter license made it possible for Lotus Airways to give people a way to come more often and more conveniently to the Ashram.

Thanks to Lotus Airways, I often get to share in the joy people experience in a visit to Yogaville. And I really try to bring the spirit of service Gurudev has taught us to all our flights. It's a great opportunity for me on many levels.

Actually, I like to think of Lotus Airways Inc. as a "best friends" service. For example, if someone is coming into the United States to visit Yogaville, we can meet them right at their gate at one of the Washington or New York airports, help them get their baggage, take them right to the "Spirit of Yoga," and fly straight to the Ashram. It's like a really first class service that almost anyone can afford if they share the flight with others. It saves them time and, I hope, helps them feel even more welcome. And this is how I would like to treat all my best friends.

This countryside is so beautiful from the air. And the LOTUS is spectacular. It's our *yantra* in three-dimensions, and you can really see that as you fly over. Seeing Yogaville from the air also gives a good orientation. We often do scenic flights just over

Yogaville and the surrounding area. It's quite extraordinary.

It's nice just sharing the experience of the flight with people. It's very different from being in a big jet. In a small plane, you can easily see the beautiful scenery; everyone has a window seat. It's very expansive; you see things in a different way than you normally do. You can see a beautiful vista. It's like being on top of the world. There's such a special feeling, being near the puffy, white clouds.

I remember one person who thought it was so fantastic flying just above the clouds; he felt like we were in heaven. He'd flown many times, but never before had the experience of being in a small aircraft. Another time, a woman had just arrived from Switzerland and was flying in the "Spirit of Yoga" from Washington. As we flew along, we saw a full circle rainbow out one side window. The rainbow seemed to follow us as we moved along through the sky.

Sri Gurudev once told me, "Treat the plane like your baby; take that kind of loving care of it. Everything should be in perfect working order always. Even the littlest thing." I do feel that way, and I do really care about bringing special attention and sharp consciousness to each flight. My main *sadhana* when I'm flying is to help people have an easeful, joyful experience—from the time I see them at the gate until the time I see them off. I always try to fly in the way that will make the flight comfortable and enjoyable for each passenger. One little girl came on a flight with her mother. She'd had an unpleasant experience in a larger plane, and she wasn't happy about this flight. But soon, she was laughing and looking around at everything she could see out the window. That's what I think of as really flying in the spirit of Yoga—to finish the flight with the passengers feeling happy and confident about flying again.

Another way that flying is just like the spiritual path is: No matter how much experience you have, there's always room for

improvement, refinement. I stay current on the latest information, and keep learning more.

Again, like the spiritual path, there is always change. Each flight is different in nature and planning needed; the passengers are always different; seasons change; there's different scenery. And the aim is to enjoy the changes and stay clear through them all.

Flying is a real discipline. You have to stay very attentive, and stay ahead of the aircraft in order to have a smooth flight. That discipline can be transferred onto one's life. If the pilot is really attentive, he or she will easily see little adjustments that need to be made. But if you aren't vigilant, the adjustment might need to be a much bigger one; you could get off course. The more attentive you are, the more quickly you can take care

of even a slight deviation from the desired track. You can correct the error fast.

In the same way, as a spiritual seeker, if you're aware of the environment around you and the subtle signs your body gives, you don't have to wait until you get sick to make some changes. Instead, you'll detect the problem early and correct the errors so you don't get sick at all.

Gurudev himself loves flight travel; and, of course, when there is an opportunity, I always appreciate the honor of being in the presence of our master Pilot and super Navigator. I am thankful for the vision of Sri Gurudev and the way he motivated me to learn to fly in a plane and has supported me to learn to fly through life. I appreciate the way he continues to encourage the growth of Lotus Airways and of myself.

GOODIES BAKED FROM SCRATCH

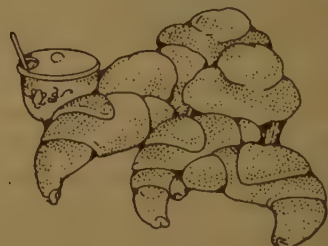
By Rev. Bhavani Miller

There seem to be several new trends in eating these days. One is that people in general are more knowledgeable about which are the more wholesome foods. We all know about fiber, whole grains, fresh produce, and tofu. But, increasingly, we are also a nation that eats many meals outside the home each week, and this makes it difficult to make good food choices. Also, even when we do eat at home, we rely more on prepackaged items and spend little time in food preparation. Even when main courses are fresh and well-balanced, dessert-time often turns to disaster. It is not at all uncommon to see someone eat a lowfat, natural-food dinner and follow it with

a white sugar-white flour-chocolate bonanza topped with mounds of whipped cream.

We all enjoy these occasional excursions into culinary sense pleasures, but in my experience it is very difficult to maintain a balanced vegetarian diet when white flour and sugar are staples. These foods simply do not provide the nutrients necessary to maintain good health, and they offer too many empty calories to easily balance against brown rice and broccoli.

Our family enjoys eating desserts, but we prefer goodies baked from scratch using whole, natural ingredients. Though we have not used sugar or white flour for many years, we have never lacked for sweets and have



even figured out healthier ways of making old family favorites.

This month, continuing on the eggless baking theme started last time, I offer these special recipes. Use or change them as you like; there are many possibilities in each one.

CHEESECAKE SURPRISE

makes one 9-10 inch pie

This cheesecake came about when I couldn't decide whether to make a regular cheesecake or an apple pie. As it turned out, I did not have enough ingredients to make either one, so I combined what I had to come up with this felicitous experiment. This is a creamy, elegant dessert made even more satisfying by the differing textures and flavors.

Crust:

2 packages whole wheat graham crackers
blended into crumbs
6 Tbsp natural apple juice
2 Tbsp unrefined corn oil

Mix together and press into pie pan.

Apple Filling:

2 med. apples, cored and cut into small chunks. (Peel first if you prefer)
1/2 cup (approx) natural apple juice
pinch salt
1/2 tsp cinnamon
1 tsp arrowroot powder dissolved in small amount of cool water

Cook apples, juice, salt, and cinnamon until apples are just tender. Add dissolved arrowroot and simmer a few minutes until it thickens—keep stirring while you wait. Set aside.

Cheesecake Filling:

1 lb softened cream cheese
1/3 cup mild honey
2 tsp vanilla extract
2 Tbsp lemon juice
1-2 tsp grated lemon rind
1 Tbsp (heaping) arrowroot powder dissolved in 1/4 cup cool water

Mix above ingredients in blender or food processor and whip until very smooth and creamy.

To assemble: Smooth apple filling over bottom of pie crust. Cover with cream cheese mixture and bake at 350 degrees F. for 20-25 minutes until top is firm and lightly browned around the edges. Chill several hours or overnight for best results.

PINEAPPLE-CARROT MUFFINS

makes 12

Muffins are quick and easy to make and can provide a little excitement in an otherwise simple meal. To facilitate cleanup time I use paper liners in the tins and often make a double recipe so that we have some extra muffins for easy breakfasts and snacks. This next recipe takes a bit longer than a standard muffin but these are the best ever. Try to find unsweetened pineapple which is dark yellow in color. (Timbercrest Farms makes wonderful natural pineapple rings that are plenty sweet.) The frosty white rings are full of sugar.

3/4 cup chopped dried pineapple
2 cups orange or apple juice
1/4 cup honey
3 Tbsp oil
1/2 tsp cinnamon
2 1/4 cups soft whole wheat pastry flour
2 1/2 tsp baking powder
1/2 cup oat bran (or more flour)
1 cup grated carrot

Preheat oven to 350 degrees F. Prepare muffin tins and set aside.

Place pineapple with juice in small pan, bring to a boil, turn off heat, and let sit while preparing other ingredients. Mix dry ingredients together. Mix wet ingredients together including 1 1/4 cup of the soaking liquid. Add dry to liquid ingredients mixing briefly. Then fold in carrots and drained pineapple pieces. Spoon into muffin tins and bake for about 20-25 minutes. Delicious!



THE TAO OF GOD

from the works of Chuang Tze

The tao of God operates ceaselessly; and all things are produced. The Tao of the sovereign operates ceaselessly; and the empire rallies around him. The Tao of the sage operates ceaselessly; and all within the limit of surrounding ocean acknowledge his sway. One who apprehends God, who is in relation with the sage and who recognizes the radiating virtue of the sovereign, his actions will be to him unconscious, the actions of repose.

The repose of the sage is not what the world calls repose. His repose is the result of his mental attitude. All creation could not disturb his equilibrium: hence his repose.

When water is still, it is like a mirror, reflecting the beard and the eyebrows. It gives the accuracy of the water-level, and the philosopher makes it his model. And if water thus derives lucid-

ity from stillness, how much more the faculties of the mind? The mind of the sage being in repose becomes the mirror of the universe, the speculum of all creation.

Repose, tranquility, stillness, inaction—these were the levels of the universe, the ultimate perfection of Tao. Therefore, wise rulers and sages rest therein.

Repose, tranquility, stillness, inaction—these were the source of all things. Keep to this when coming forward to pacify a troubled world, and your merit shall be great and your name illustrious, and the empire united into one. In your repose you will be wise; in your movements, powerful. By inaction you will gain honor; and by confining yourself to the pure and simple, you will hinder the whole world from struggling with you for show.

THE SHIRT

*an Hassidic tale retold by
Rev. Prahaladan Mandelkorn*

The Yehudi was much loved, and he raised up many spiritual luminaries such as Rebbe Bunum and Rebbe Mendel of Kotsk. But in his younger years the Yehudi studied under the famous Seer of Lublin, an Hassidic master with unusual spiritual gifts. He could see what people thought, read their talents and errors without their saying a word, and know their past incarnations by just looking at their foreheads.

On one occasion, the Seer had to travel away for a few weeks. He called in his disciple, the Yehudi, and said, "While I'm away, I want you to listen to the people who come here and give them counsel." The younger man shuddered at the responsibility. "Here. Take my shirt," said the Seer. "Wear it when you are in my office."

After the Seer had left, the Yehudi put on the shirt and received the people who

came for counsel. To his amazement, he realized he could see each one's past incarnations back to the time of Adam, and he perceived the yearnings of their souls, their failings and highest destinies.

At the end of the day, the Yehudi went down the ritual bath to immerse himself and meditate. There a wandering beggar asked him for some money. "I don't have any money," said the Yehudi, "but here, take this shirt." The man took it and left.

When the Seer returned, he asked the Yehudi for the shirt. "I gave it to a wandering mendicant," replied the younger man. The Seer was amazed.

The Yehudi walked out into the forest and cried, "Lord, my Lord! I don't want Your visions and Your powers. All I want is You!"

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DAY BY DAY WITH SRI GURUDEV

U.S. VIRGIN ISLANDS: YOGA VACATION

On January 18, a small group of Yoga vacationers from all over the country joined Sri Gurudev on beautiful Saint Thomas in the U.S. Virgin Islands for six days of revitalization.

The large Indian population was most gracious to the mainlanders. They hosted three satsangs at private homes, followed by

wonderful suppers. Mr. and Mrs. Sham Vaswani, Mr. and Mrs. Vashi Sakhrani, and Mr. and Mrs. Kishu Sakhrani kindly opened their homes to the mainland disciples as well as to dozens of their friends on three different evenings. Bountiful and delicious suppers following satsang gave us an opportunity to taste many interesting new dishes.

Longtime devotee Mr. Nanik Hemrajani coordinated these gatherings. In addition, he and his lovely wife Sudha contin-

ued to graciously host Sri Gurudev for an additional week. They also arranged for Sri Gurudev and the group to go to Mr. Hemrajani's sister's where we were entertained at lunch one day. It was difficult to come away from the spectacular view of the Charlotte Amalie harbor as seen from the deck to go in to lunch!

Three Monkeys

At his satsangs, Sri Gurudev told some wonderful stories. In speaking of what people do with the truths they are told, he said: A sage had three statues of monkeys. As he showed them to his students, he put a straw in one ear of one statue and it came out the other ear. Then he put a straw in one ear of another statue and it came out the mouth. Then he put a straw in the ear of the third monkey-statue, and it didn't come out anywhere! Which was the wisest monkey? The first illustrates the seeker who hears the Word and lets it flow right out the other ear. The

second shows the one who hears and repeats the Truth he or she has heard, but never



Sunshine in the sky and sunshine in the hearts. Sri Gurudev with Mr. and Mrs. Hemrajani in the Virgin Islands.



Addressing the Virgin Islands Rotary Club.

really absorbs it. The third monkey illustrates the wise spiritual seeker who hears the Word and absorbs it, and incorporates it in his or her daily life. That person is the one who really gets the benefit.

One of the satsangs was especially for children, who asked many thoughtful questions. One young lady asked why one *pranams* to a spiritual teacher. Sri Gurudev's response first touched on the idea that we are asking the teacher for his or her wisdom. When we want to receive something we should be humble; bowing is an indication of our humility. From the scientific point of view, everything is a magnet. Every particle seen and unseen has positive and negative aspects. We usually consider north to be "up" and south, "down." The North Pole has positive energy, and so has the upper part of

the human body. The South Pole stores the negative energy, and so do our feet. Different poles attract. When we want to draw energy from one wiser than we are, we touch our head to the teacher's feet and draw out the love and wisdom. The teacher remains with his or her head at the feet of the Great One beyond and draws power directly from the Source.

The children also asked about worship of Lord Ganesh, the elephant-headed manifestation of God, as the Lord of Wisdom and the Remover of Obstacles. Gurudev explained that if we worship Ganesh first, we will gain the knowledge of what to do in any given situation. Quickening the circulation to the brain helps our mental processes: so the teacher pulls the ear of the dull stu-

dent, and we ourselves tap our heads when we're trying to remember something. In India, worshippers of Ganesh will cross their arms and tap their skulls. That helps to balance the right and left brain. They also pinch their ears. Then they pray, and they get the knowledge of what they are to do!

At Frenchman's Reef Hotel, Sri Gurudev gave a public talk. The ballroom was SRO—standing room only—well before the scheduled hour. Sri Gurudev reminded us that the Kingdom of Heaven lies with the children; they are the true Yogis. They can happily play equally with a gold doll or a clay doll until the adults teach them that there is a difference. In that way, the adults spoil the natural Yogic state of the children. We need to return to the Yogic state, he explained, by becoming childlike again. The

same Divine current runs through all creation, not only people but all the things we see around us. God is omnipresent. He is in everything. Remembering the spiritual oneness, remaining in the balanced state, is what we call Yoga.

Eventually We Relax

The just-for-fun events centered around the beautiful aquamarine Caribbean waters. The adventurous few went sailing, snorkeling and scuba diving. A day trip by boat took us to the island of St. John where we played on a beach with sand like buttery silk and swam in crystalline waters. Then, Sri Gurudev met us for lunch at a charming dockside restaurant where he played the perfect host. Later, we saw a man sitting near the ferry with a pile of coconuts, and Sri Gurudev's eyes gleamed brightly as a coconut was skillfully opened for him with a flashing machete! Many of us enjoyed *prasad* of coconut water and coconut jelly from the inside of the young fruit for the first time.

That same evening, we were invited for a sunset sail by a group of residents interested in natural healing. Our group was asked to share the Integral Yoga teachings. We did some *kirtan* and then, remembering the earlier episode of the coconuts, told a favorite story we had heard Gurudev tell of the monkeys in India who put their hands inside the cut coconuts to get the delicious jelly. They make a fist to grab as much as they can, and then find they can't get their hands out! They cry and scream and shake their arms with the coconuts still hanging from their fists, but they won't let go of the jelly, not even when their wrists start to bleed! Finally they exhaust themselves, fall asleep, and then when the hand relaxes, the coconut drops off! And so do we hang on with all our strength to the things we are attached to, kicking and screaming because they give us so much pain. But eventually, by the Grace of God, we do get tired and relax, and then those attachments fall away from us.

Later that week, Sri Gurudev met with this warm and wonderful group as well as with several of the Rotary groups of businessmen. He inspired all to bring out that peaceful vibration which is our true nature in all our daily lives—whether in our business dealings, our personal relationships, or just being alone.

Thank you, beloved Gurudev, for a never-to-be-forgotten vacation and for the opportunity to be with you and hear your teachings.

-Ganga McCall

SAN FRANCISCO: NOTHING BUT FUN

Spring came early to San Francisco this year. Sri Gurudev's visit on February 21 and 22 brought a wave of warm weather and divine love and light that soothed the heart and cleansed the mind.

Well over 500 people attended his lecture, "Mastering the Game of Life," held at the Scottish Rite Temple on Wednesday evening. The beautiful setting was enriched by the singing of Meera Alexander, who came to San Francisco to perform at these events. Sri Gurudev then spoke of life as a game that can be playful or can be a fight. He reminded us that we all identify ourselves first as "I am." Only after these words do we go on to give our name or describe ourselves as a lawyer, or as successful, stupid, sick, etc. If we remember this primary identity that we all share, we can remain detached from our wordly roles and be loving with each other. "Let us remember this fact of life and the unity behind all these varieties. Then we have mastered the game of our life. We will have nothing but fun in life."

He also spoke about how we often associate our happiness with money. Thus, we do so much damage to each other and our planet in greedy pursuit of wealth. He told the audience that California should be a

leader and should show the rest of the country that our lives can be full of optimum health, peace, joy, and harmony. "Do it and show to all that the world can be a better place to live."

The following evening Sri Gurudev came to a benefit dinner for LOTUS held at Gaylord's Indian restaurant. The owner, Kishore Kripalani, hosted our group beautifully and attended the dinner with his wife, Linda, and their children. Remarkably, exactly 108 people came for this wonderful evening, which featured the music of Meera Alexander and Radhika Miller, an updated Yogaville slideshow, an auction led by Reverend Rishi Schweig, and a raffle for both adults and children. And, of course, everyone enjoyed special attention from Sri Gurudev as he visited each table, drew raffle tickets, gave out prizes, and signed pictures.

These dinners have become something of a family reunion for the San Francisco IYI sangha. Everyone enjoyed visiting with

each other and contributed generously to support LOTUS and its ecumenical message.

-Swami Ramananda

A WESTERN KAILASH

In October, before Sri Gurudev left for the India Pilgrimage, Dr. Karan Singh, who until recently has served as Ambassador to the U.S. from India, visited the Ashram for the first time. He was genuinely moved by the beauty and energy of LOTUS. One could sense that he was deeply touched as well as inspired. At Satsang that night, he spoke about his wish to donate an extraordinary seven-foot bronze statue of Lord Nataraja, the dancing Siva. For the last four or five years he had been trying to find just the right place for this special statue. When he saw the LOTUS and the high hill opposite overlooking the entire Shrine, he knew he had found the place, a true Mount Kailash, USA.



The beautiful view from the Kailash site.



Dr. Singh and Sri Gurudev discuss the design of the Nataraja shrine. Mitra Metro, construction forman from New Age Builders, is by Dr. Singh's right shoulder.

He was jubilant to have found such a perfect home for the statue of Lord Nataraja, his Ishta Devata (beloved form of God).

Just a few weeks later, Dr. Singh and his architect came to check out the best location on the hill. With Sri Gurudev's advice, the exact spot was determined and clearing began.

On March 10, the full moon day, exactly at high noon, the ceremony of prayers to Mother Earth and laying the gem box in the foundation took place. The entire approach to the site from the school road had been festooned with flowers, balloons and lotus wind vanes, creating a happy and warm welcome as people walked in. Festive Indian Temple music was playing; the crowd was chanting *Siva kirtan*; and Sri Gurudev arrived to welcome Dr. and Mrs. Singh. Ushers led them under the decorated canopy to their chairs close to the altar.

When the *puja* (worship service) began, we felt more and more the Lord's energy manifesting on this Western Mount Kailash (abode of Lord Siva). It was an unforgettable morning. As the *puja* ended, the brilliant sun highlighted the direct connection from the hilltop to Chidambaram to

the resplendent LOTUS—all of which are in an exact north axis line. We all quietly walked over to the newly dug out area and gazed out over the immense panorama below us to the LOTUS Lake, the James River, and the Blue Ridge Mountains surrounding it all.

At exactly twelve o'clock the bells at the LOTUS rang out and the prayers of dedication began. Fresh cement was poured into the box and after Sri Gurudev's blessing, Dr. Singh laid in a beautiful natural crystal cluster; then Sri Gurudev added another lovely crystal. Next, people representing the designing and constructing of the Shrine, the schools, the Ashram departments, and Integral Yoga Institutes all over the world came forward to place a crystal in the box laid at the base of this holy structure.

At the close of the ceremony, hundreds of balloons were let go in clusters that quickly rose high into the sky. Fire crackers banged and crackled as we all looked in amazement at the balloons which seemed to form a Nataraja shape and then a pyramid shape in the sky before floating off into the distance.

A Prayer to Mother Earth

In the evening, we were blessed with a very full satsang. Congressman Payne and his family joined everyone for the festivities. And we were happy to have him speak to us, as Prahaladan Mandelkorn reports in this issue.

Rev. Shanthi Mandelkorn introduced Dr. Singh, who began by saying, "Today we have been able, on the auspicious day of the full moon, to do the ground prayer observances. We don't call it 'ground-breaking' because breaking the ground is somewhat of a hostile act. This is a prayer to Mother Earth before we build anything upon her." He spoke about how the one Divine manifests in many forms, and about how each person tends to focus on an aspect of the Divine which is especially dear to him or her. The Ambassador said, "There is, in the Upanishads, a beautiful verse that states, 'He who the Divine chooses, in turn chooses the Divine.' And so it seems that Lord Siva has chosen this beautiful place to manifest himself, and it is going to be a great and unique shrine for people from all over the world to see."

Dr. Singh praised the LOTUS for its ecumenical message and praised Gurudev for his ecumenical work, saying, "[We see] how Sri Swami Satchidanandaji has been able to make concrete the abstract concept of universality of spiritual [expression]. . . For that we are all very grateful to him. This LOTUS shrine will continue to develop into one of the world's great centers of interfaith and ecumenical activities." Dr. Singh concluded with a very powerful prayer, which he introduced by saying, "I started with a prayer to Lord Siva, and I will end with a prayer to the Mother, because in our tradition the idea that the Divinity should be exclusively male strikes us as being odd and strange. It has to combine both the male and female aspect. . . So I will end with a prayer to the Goddess who is the destroyer of the demons and who is always showering her blessings upon her devotees." Following the prayer, Ambassador Singh presented to Sri Gurudev a beautiful photograph of Lord Nataraja and other lovely gifts.

Sri Gurudev was asked to speak, and started by saying, "When the entire energy goes to the heart, the head becomes empty."



A special prayer. Sri Gurudev, Dr. Singh, and Mrs. Singh during the puja for the Kailash dedication.

I really don't know where to begin or what to say. It is truly a very memorable day in the history of Yogaville. Our dear Dr. Karan Singhji said that he has resigned from the Ambassador's post. He may not be the Ambassador from India to America now, but we know him to still be a great spiritual ambassador to the entire west. So, with your permission, I am going to appoint him as the Ambassador for Yogaville." Enthusiastic applause greeted this announcement.

Gurudev spoke about the Nataraja. "One of the important prayers to Lord Nataraja says, 'Lord, you are just dancing yourself, and you make us all dance.' The Dancer can only help others dance. If he ever ceases to dance, everybody will stop dancing. Even the dance within an atomic particle is an expression of Lord Nataraja. In a way, the esoteric meaning behind Nataraja is the expression of that energy as an atomic particle. . . I remember having read in a science book that the atomic particles—the two, the positive and negative particles, move in two different ways. The positive energy moves up and down, and it glows bright red, golden red. The negative particles glow greenish-blue, and go round and round.

You can just imagine two torches—one a red torch, one a bluish-green torch..If you keep on moving the red torch up and down fast enough, you could see a standing red light. And if you keep on moving the bluish-green torch fast enough, you will see a circle around. That is the Sivalingam. . .Of course, thousands of years ago, they never had any equipment to see the atomic particles. Their own subtle sense was able to perceive that movement, and then they deified it. In a way, our age-old sages and saints were atomic scientists. Without any modern tools, they were able to discover that atomic energy. But the difference was they brought spirituality to it, they called it the spiritual dance. Whereas the modern scientists used it for material purposes. . .Now [the threat of that destructive force] is causing the East and West to build a bridge [of friendship between them]."

Gifts were presented to our beloved, newly-proclaimed Yogaville Ambassador.

We all left the program late that night feeling the dance of the Divine Spirit within each of us.

*-Swami Gurucharanananda
and Abhaya Thiele*

AN INDIAN PRAYER

by Tom Whitecloud

Oh, Father, whose voice I hear in the winds and whose breath gives life to all the world, hear me. I am a man before You, one of Your many children. I am small and weak. I need Your strength and wisdom.

Let me walk in beauty and make my eyes ever behold the red and purple sunset. Make my hands respect the things You have made, my ears sharp to hear Your voice. Make me wise, so that I may know the things You have taught my people, the lessons You have hidden in every leaf and rock.

I seek strength, Father—not to be superior to my brothers, but to be able to fight my greatest enemy, myself. Make me ever ready to come to You with clean hands and straight eye so that when life fades as the fading sunset, my spirit may come to you without shame.

PSALM 100

Make a joyful noise to the Lord,
all the lands!
Serve the Lord with gladness!
Come into His presence with
singing.

Know that the Lord is God!
It is He that made us, and we are
His;
We are His people, and the sheep
of His pasture.

Enter His gates with thanksgiving,
and His courts with praise!
Give thanks to Him, bless His name.

For the Lord is good;
His steadfast love endures for
ever,
and His faithfulness to all
generations.

"What is the purpose of all these times? Months, years, past decade, coming decade—it's just to evaluate our own lives."

-Sri Gurudev

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*"Even if you can't get it all,
if your aim is high you will
get at least half of it."*

-Sri Gurudev

*"Be loving, be compassion-
ate, be sympathetic. Serve
the sufferers. Weep for the
suffering."*

-Sri Gurudev

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*"When somebody is hurt in
some way or other, we
should pour our love and do
everything possible to help.*

*This is not only for your
close friends, but to every-
body, whomever you see."*

-Sri Gurudev



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stand on your head or on
your feet, meditate or not.
Just show this kind of sym-
pathy, concern, love and be
always ready, ever ready to
serve."*

-Sri Gurudev

*"That's yoga—a kind
heart."*

-Sri Gurudev

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Integral Yoga is the synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of samadhi or super-consciousness.

Japa Yoga The concentrated repetition of a mantram (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to it.

Hatha Yoga Postures (asanas), breath control (pranayama), relaxation, and cleansing practices (kriyas), to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.



The Goal of Integral Yoga, and the birthright of every individual, is to realize the spiritual unity behind all the diversities in the entire creation and to live harmoniously as members of one universal family. This goal is achieved by maintaining our natural condition of: a body of optimum health and strength, senses under total control, a mind well-disciplined, clear and calm, an intellect as sharp as a razor, a will as strong and pliable as steel, a heart full of unconditional love and compassion, an ego as pure as crystal, and a life filled with Supreme Peace and Joy.

Swami Satishdev
E.C.